

## Domestic Violence Personalized Safety Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The following steps represent my plan for increasing and preparing in advance for the possibility of further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her to best get myself and my children to safety.

### **SAFETY DURING A VIOLENT INCIDENT**

*Violent incidents cannot always be avoided. In order to increase to increase safety, battered women may use a variety of strategies.*

1. If I decide to leave, I will \_\_\_\_\_.  
*(Practice how to get out safely. What door, windows, elevators, stairwells, or fire escapes would you use?)*
2. I can keep my purse and car keys ready and put them (location) \_\_\_\_\_ in order to leave quickly.
3. I can tell \_\_\_\_\_ about the violence and request that she/he call the police if she /he hears suspicious noises coming from my house.
4. I will use \_\_\_\_\_ as my code word with my friends, family, co-workers etc., so they can help me.
5. If I have to leave my home, I will go to \_\_\_\_\_.  
*(Decide this even if you don't think there will be a next time)*
6. When I expect we're going to have an argument, I'll try to move to a place that is low risk, such as \_\_\_\_\_.  
*(Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)*

### **SAFETY WHEN PREPARING TO LEAVE**

*Battered women frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Batters often strike back when they believe that a battered woman is leaving a relationship.*

1. I will leave money, clothes and an extra set of keys with \_\_\_\_\_ so I can leave quickly.

2. I will keep copies of important documents or keys at \_\_\_\_\_.  
(Checkbook, money, credit cards, insurance and social services documents, social security card, identification papers, birth, marriage/divorce certificates, school records, immunizations and medical records, medicines, keys, clothing)
3. I will open a savings account by \_\_\_\_\_, to increase my independence.
4. I will sit down and rehearse my safety plan every \_\_\_\_\_ in order to plan the safest way to leave the residence. \_\_\_\_\_ (*domestic violence advocate or friend's name*) has agreed to help me review this plan.

***Note: Keep this document in a safe place and hidden from your potential attacker***

If you have any questions about safety planning or need emergency shelter, please call our 24-hour hotline at 757-723-7774